

**EVEREST
TRAIL 20
RACE 24**
11 al 23 de noviembre

by



SUMAN KULUNG SWEEPS THE EVEREST TRAIL RACE BY TUGA

STAGE 6 / 28 km / +1.578 m/ - 2.612m / Ac 4.190 m

Suman Kulung (*Grans Espais*) finishes first overall and the Spaniard Laia Gilibets third in a tough and demanding edition. Chhokki Sherpa wins the stage for the sixth consecutive day in the women's category and is proclaimed winner of the 12th edition of the Everest Trail Race by TUGA.

The Nepalese runner Suman Kulung (*Grans Espais*), has already won four victories in the Everest Trail Race by Tuga Active Wear after winning the overall of this twelfth edition. He adds to his record a new triumph after winning in 2017, 2019 and 2023. The sixth and final stage between Tyangboche and Lukla (28km and 4,190 metres of accumulated elevation gain) was a quiet stage in the front positions. Suman Kulung (*Grans Espais*) left the overall clear on yesterday's stage. Dal B. Kunwar and Man K. Roka, second and third respectively in the general classification. The Nepalese Dal B. gave in yesterday's stage a blow of effect taking more than 17 minutes from Man K. still in second place in the general classification in yesterday's stage, but today he has beaten him again by more than 12 minutes and has thus consolidated a second place in the final general classification very hard-worked stage by stage.

Kulung, who last year also beat the Spaniard Marc Ollé, has tasted victory again this year with 5 stage victories. Dal B. Kunwar won on the fifth day. Only 2 western riders have managed to win the race over a Nepali. Jordi Gamito in 2018 and Miguel Heras in 2022.



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In the women's category Chhoki Sherpa (Grans Espais) has won all the stages of this edition and gets her first overall victory in the Everest Trail Race by Tuga Active Wear. Humi Budha finished second and Spain's Laia Gilibets third.

At the finish arch today, tears of emotion were running down the faces of the participants who embraced each other at the finish line in Lukla after 6 stages, 170km and 26,000 metres of accumulated altitude gain. Namaste to all of you. We look forward to seeing you next year.



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